

PE-13: Strength Fitness

Course Information

- Semester and Year: Fall 2026
- Course ID and Section number: E1428
- Instructor's name: Luis Medina
- Day and time of required meetings: Monday & Wednesday 5:15 pm - 6:40 pm
- Location: Room 106 Weight Room
- Course units: 1 unit

Instructor Contact Information

- Office location or Online : Athletic department or Online
- Office hours: By appointment Only
- Phone number: (747) 488-2825
- Email address: luis-medina@redwoods.edu

Required Materials:

- Activewear
- Appropriate footwear

Catalog Description

A course in fitness involving very high intensity, high energy cardiovascular workouts with minimal rest periods. Students will be required to perform plyometric jumping drills, sprints, core body movements, lunges, and many other movements. Exercise nutrition will be discussed and students will be required to create a personalized workout and nutrition plan

Course Student Learning Outcomes

- Scheduled class participation: attend class, check in with the instructor upon arrival, and check out before leaving. Attendance is documented each class session.

- Fifteen additional workouts outside scheduled class meetings: complete and document 15 workouts using the Recreation Center computer/check-in system or a fitness journal, as directed by the instructor.
- Exercise demonstrations: successfully demonstrate selected exercises and safe technique as assigned throughout the semester.
- Program development: complete foundation programming and later re-program based on strength, toning, endurance, power, or general fitness goals.
- Course evaluation: complete the end-of-semester class evaluation.

Course Calendar

Monday Wednesday 5:15pm - 6:40pm in the weightroom

Evaluation and Grading Policy

Grading based on attendance.

Prerequisites/corequisites/ recommended preparation

None

Educational Accessibility and Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, or bipolar disorder
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders, and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury, or ADHD
- Vision, hearing, or mobility conditions

Available services include extended test time, quiet testing environments, academic assistance and tutoring through the [LIGHT Center](#), counseling and advising, alternate formats of course materials (e.g., audio books, braille, E-texts), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact [Student Accessibility Support Services \(SASS\)](#). If you are unsure whether you qualify, please contact Student Accessibility Support Services (SASS) for a consultation: sass@redwoods.edu.

SASS office locations and phone numbers

Eureka campus

- Phone: 707-476-4280
- Location: Learning Resource Center (Library)

Del Norte campus

- Phone: 707-465-2353
- Location: main building, near the Library

Klamath-Trinity campus

- Phone: 707-476-4280